

What should I do if my child wets the bed?

Most children are typically potty trained by the time they are three or four years old. However, it is not uncommon for children between six and eight years of age to wet the bed at night. This is medically known as nocturnal enuresis. Bed wetting can be caused by having a small bladder capacity, not knowing when the bladder is full, or during times of stress. Bed wetting typically decreases as your child develops and matures. In the meantime, reassure your child that wetting the bed is not their fault and that you understand that they are not doing it intentionally. Children should not be punished for wetting the bed.

Avoid allowing your child to drink large amounts of liquid before bed and assure that they use the bathroom before falling asleep. Parents may want to consider placing a plastic cover on their child's bed to protect the mattress. It is often helpful for parents to include children in washing the sheets and blankets if an accident occurs. If your child is frequently wetting the bed, parents can consider waking their children up to use the bathroom every couple of hours to help them get into the habit of doing this on their own.

If your child continues to wet the bed at night or begins to wet themselves during the day, parents should speak with their pediatrician as this may be related to a physical problem. Remember to remain patient with your child and work together on resolving this behavior.